

Standardized Recipe Form

Recipe Name Grab'n Go Chicken Spinach Salad Category Entree Recipe # _____

(i.e., entrée, breads)

Process: 3 (1= No cook; 2= Cook and same day serve; 3= Cook, cool, reheat, serve; 4= SOP controlled)

Ingredients * Indicates a commodity item (Local) Indicates a local fruit or vegetable when in season	Servings		Directions: Include <i>step- by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Chicken Spinach Salad Spinach, raw (Local) Chicken patties, cooked* Almonds, toasted Cranberries or dried cherries* Dressing, raspberry vinaigrette Pretzel, soft Bavarian stick Apples, raw with skin, sliced (Local) Celery sticks, raw	6 ¼ gal 50 pieces 1 lb + 9 oz 3 qts + ½ cup 6 lbs 4 oz 50 pieces 1 ½ gal + 1 cup 1 ½ gal + 1 cup	12 ½ gal 100 3 lb + 2 oz 1 ½ gal + 1 cup 12 lb + 8 oz 3 gal + 2 cups 3 gal + 2 cups	1. Place spinach mix in serving container 2. Dice chicken patty and sprinkle over spinach 3. Sprinkle almonds over chicken 4. Top salad with cranberries or dried cherries 5. Serve dressing on the side – 2 oz portions 6. Serve with apples, celery, and pretzel Place components in serving container in safe and appealing presentation. Close lid securely for safe transport. ♦ Sodium can be reduced by using a low-sodium salad dressing.

Serving Size 1 each Pan Size _____

Yield 1 serving Number of Pans _____

Meal Pattern (Based on Serving Size): 1 serving

2 oz Meat/Meat Alternative
3 Fruit/Vegetable
1 Grains/Breads

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	_____	_____
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** 1 serving

<u>802</u> Calories	<u>6</u> Saturated Fat (g)	<u>23</u> Vitamin C (mg)
<u>24</u> Protein (g)	<u>1511</u> Sodium (mg)	<u>6207</u> Vitamin A (IU)
<u>30</u> Total Fat (g)	<u>8</u> Fiber (g)	<u>157</u> Calcium (mg)
<u>39.01</u> % Calories from Total Fat	<u>4.0</u> Iron (mg)	

This recipe is from Cindy Giese, Lewistown Public Schools, Lewistown, Montana.